

FRUIT

The Value of Fruit as Food and Medicine.

Helen Harcourt, in The Sunny South.

(Continued from last week.)

Many of our most familiar fruits are more useful than the elaborate prescriptions made up by a doctor, and they are certainly more pleasant to take. If the people at large would only come to a realization of this fact, it would be far better for them, and that much the worse for the doctors and the drug stores. The thousands of dollars spent in mercurial and other purgatives could be much better spent in purchasing fruit-medicine.

Our cultivated fruits, such as apples, pears, cherries, strawberries, grapes, peaches, plums, raspberries, contain very similar proportions of the same ingredients, which are about 8 per cent of sugar, 3 per cent of pectones, 1 per cent of malic and other acids, 1 per cent of flesh-forming albuminoids, and over 80 per cent of water. Digestion depends on the action of pepsin in the stomach on the food, which is greatly aided by the natural acids in the stomach. It is these acids that digest fat, and the bile from the liver. Now, the acids and pectones that exist in fruit are peculiarly adapted to assist and supplement the natural acid of the stomach. Many physicians prescribe lemon juice in tea, instead of sugar, because these acids are very abundant in the lemon.

Fruit keeps the body in a healthy condition. Its action is anti-scorbutic. In the olden days (not so very olden, either), the crews of ships which sailed on long voyages rarely escaped without serious, if not fatal attacks, of scurvy. Their system needed fruit to preserve health. Fruit was to it as oil to an engine, and without its lubrication the great human machine creaked and groaned and finally broke down altogether. The need of fruit, the longing for it, became so intense that the sailors dreamed of beautiful, luscious fruits, night after night, and were actually made sick with the unsatisfied longing for fruit, even apart from the effects its absence had upon the workings of the body.

EXPERIENCE OF A CREW.

As an illustration in point, here is one case out of hundreds, nay, thousands. The crew of a whaler, homeward bound, after a long cruise, still had on board an abundance of fresh meat, flour, coffee, tea and similar articles, but for months had had neither vegetables nor fruit. In consequence the men had become listless, haggard, short of breath, with sharp, rheumatic pains in their joints. Their gums had become soft and spongy, the blood oozed through their veins, and their whole system, in every part, in every way, was more than disorganized. It was actually dying of fruit starvation, in other words, of course. Happily for the sufferers, a vessel laden with fruit passed within hailing distance, and learning the story of his brother sailors, the captain sent on board the whaler a liberal supply of oranges and lemons.

The men literally went wild over the fruit, seeming as if they would never get enough. Now, mark the significant result. The same food was eaten as before, but the addition of that fruit made all the difference between life and death. A few days elapsed before their softening gums began to harden and to heal, their sickly colored, the limbs twisted and racked with pain, grew strong again, all this because the fruit acids and pectones had restored nature's disturbed equilibrium, and given back health and vigor to blood and body.

Both the oranges and lemons had their share in the wondrous recovery of health among the almost hopeless crew, but to the lemons belonged the greater part of the good work. It is an unquestionable fact that man could spare any other fruit far better than the lemon. It is the fruit doctor par excellence, and is not only thoroughly anti-scorbutic, but has many other good qualities. Nothing can take the place of its acid juice in fever, unless it be one or more of the wonderful new race of citrus fruits now being created by the patient work of our agricultural department at Washington. Some growers, for instance, have already been grown and noted that did far to be even more valuable medicinally than the lemon. These are hybrids of the trifoliate orange and the common orange called citrons, and there are other hybrids between the orange, or "grape fruit," and the tangor or big glove orange. These latter are named tangors, and did far to become most valuable as a fruit and as a medicine. But, of course, these new fruits are for the future, as at present they are too new and scarce to be on the market. So, for the present, the good old lemon is one of the best known and most useful of fruits.

stands unrivaled before the world. It possesses some of the same properties as quinine, and, like it, reduces the temperature of fever-stricken patients. Neither is there anything like lemon juice for checking a cold. The best way to use it for this purpose is to squeeze the juice of one good lemon into a tumbler of hot water, adding no sugar. Drink it on getting into bed, and in nine cases out of ten the sufferer will be thrown into a profuse perspiration, and will wake up in the morning almost well. For sore throat the juice of a lemon mixed with honey in a cupful of hot water is an invaluable specific. It is equally efficacious for that irritating, hacking cough, which is so prevalent in damp weather. Pure lemon juice, too, is a splendid remedy for biliousness, bilious headaches and for rheumatism. These lemon juice cures are founded on scientific facts, and are indisputably correct. Here is one more item, with which to finish up our lemon talk. This is that the juice of a half lemon, in a teaspoonful of strong, black coffee, without sugar, will often cure a sick headache.

Dr. Buzzard, one of the greatest medical authorities in the world, advises the scorbutic patient to eat fruit morning, noon and night, saying:

"Fresh lemon juice, in the form of lemonade, is to be his ordinary drink. The existence of diarrhea should be no reason for withholding it. Give oranges, lemons, salads, cabbage, potatoes, apples, and whatever else of this nature that can be had." This advice was given especially for those suffering, as did the crew of the whaler we were talking of a while ago, but it applies also to the millions on land, who are wasting their time, money and lives in the swallowing of drugs, which do worse than simply not cure. Dr. Garrod, another great London physician, advises his patients to eat freely all the time of oranges, lemons, strawberries, raspberries, grapes, apples, pears and all other fruits.

CURING RHEUMATISM.

Tardieu, the eminent French physician, maintains that the salts of potash, found so plentifully in fruits, are the chief agents in purifying the blood from rheumatic and gouty poisons. Nowadays, the doctors forbid their patients from eating any kind of sweet foods, but strongly recommend the eating of, at least, a dozen walnuts a day. And that this advice is good has been amply proven, not only as to gout, but as to its kindred "misery," rheumatism. In both diseases, the swelling goes down and the pain is relieved.

We have noted, in our previous article, the value of the apple as food. But it has also other virtues, being not only an excellent purifier of the blood but a cure for dysentery. Apples have another property that is very curious, and as yet but little known, or understood, by those who do know it. A few apples eaten by an intoxicated person will quickly restore him to sobriety. More than this, and better than this, it has been repeatedly proven that a diet of stewed apples, eaten three times a day, has worked wonders in cases of confirmed drunkards, resulting eventually in an absolute distaste for alcohol in any form. This is a fact well worth remembering. The acid in the apple appears to act in opposition to the taste for alcohol, finally destroying it altogether. Habitual fruit eaters are rarely drunkards, so that it would seem as though all fruits partook of the strange virtue of the apple in this respect.

The pineapple is very valuable in throat affections. Its prompt use has saved many a precious life threatened by diphtheria. The juice squeezed from a ripe pineapple is the best thing in the world for cutting the fungus-like membrane which coats the throat in this dreaded disease. If used in place of its acid juice in fever, unless it be one or more of the wonderful new race of citrus fruits now being created by the patient work of our agricultural department at Washington. Some growers, for instance, have already been grown and noted that did far to be even more valuable medicinally than the lemon. These are hybrids of the trifoliate orange and the common orange called citrons, and there are other hybrids between the orange, or "grape fruit," and the tangor or big glove orange. These latter are named tangors, and did far to become most valuable as a fruit and as a medicine. But, of course, these new fruits are for the future, as at present they are too new and scarce to be on the market. So, for the present, the good old lemon is one of the best known and most useful of fruits.

Blackberries, particularly when stewed, are as everyone has known, very valuable in bowel troubles. Blackberry cordial is one of the most valuable of all remedies for colds, and is kept in stock by our grocers. Many of them, too, made elderberry wine as recently as the blackberry cordial. The wine, when heated and mixed with a little sugar, is one of the best known and most useful of fruits.

of chills. Even the flowers of the elder are of value. An ointment, made by layering them in mutton suet and olive oil, is most soothing in case of boils and other similar swellings.

RELATIVE VALUE.

The celebrated French physician, Dr. Dupouy, divided fruit into five classes, each one of them possessing its own hygienic value, the acid, the sweet, the astringent and the mealy. In the first, the acid class, are included cherries, raspberries, strawberries, gooseberries, peaches, apples, lemons, limes, oranges and the pomelo. To all of these he ascribes great merit, but cherries he prohibits to anyone who has neuralgia of the stomach. Strawberries and raspberries he highly recommends for those who are of a bilious or gouty temperament, but denies them to all in whom diabetes is present or suspected. As to plums, Dr. Dupouy considers them of special hygienic value, and often a preventive of gout and of some forms of rheumatism.

But to the grape, this great physician, like many others, gives the first place, and he is one of the most ardent advocates of the treatment generally known as the "grape cure." For a person to set to work with the deliberate intention of eating a grape a minute, for a full hour, that is, just sixty grapes in the time specified, and to repeat this odd performance three or four times a day, does seem like a rather monotonous performance.

But it pays, pays well, too, for the grape cure certainly does work wonders for thin, nervous, anemic people, whose digestive machinery has got out of order from worry or overwork. The grape cure is no fad, no quack prescription, but a form of cure recognized and adopted by many eminent physicians. Grapes are positively the most digestible of all fruits, not even excepting the famed apple.

In the regular grape cure the patient makes an exclusive diet of grapes for several days, commencing with a daily consumption of from one to two pounds, and increasing gradually to eight or ten pounds. After a few days of this diet a marked improvement in the general health is almost always seen. The patient's appetite improves, digestion becomes easy and rapid, and there is an increased capacity to withstand the fatigue of outdoor exercise. The grape cure is especially recommended for people who are anemic, dyspeptic, or constipated, and for those having liver trouble and gout.

It is the general idea that the dreaded scurvy is a disease peculiar to the long-voyage sailors. This is altogether a mistake. Scurvy is today more prevalent on land than on the sea. This change is due to the fact that every ship is now well provided with canned and dried fruits and vegetables, so that the once terrible scourge has become a thing of the past. But go into the many regions where the people are too lazy or indifferent to cultivate fruits and vegetables. Or go into the back streets of our large towns. Note in both places the large number of pallid-faced people you will meet. They are not poorest of the poor, but those who have plenty of food. Plenty, but not of the right sort, that is, plenty of meats, fats and hot biscuits, and coffee, but little, if any, fruits and vegetables. Therefore, these pallid people are actually suffering from scurvy, though they do not know it. In very truth scurvy is all about

us, and will be until our people learn to appreciate our God-given fruits at their true value. The non-fruit eaters are always courting this terrible disease. But they do not recognize the dread-scurvy for what it is. The first symptoms are a change of color of the skin, which takes on a sallow or greenish hue. "Billiousness," they call it. Then comes a listless dislike to all exercise. "Laziness," they call this. Follows after these symptoms, bloodshot eyes, a weak heart, impaired digestion and constipation. Many of the most serious, even fatal, cases of scurvy only present as symptoms the pallid face, general listlessness and bloodshot eyes. When these begin to appear let the sufferer take warning, and plenty of fruit. For fruit is a purifier of the blood, and "the blood is life." Good blood means life. Bad blood means death.

Abundant fruit is the key to the one; no fruit is the key to the other.

Gov. Heyward.

We would be glad to see Gov. Heyward in the United States Senate. We believe that he would do more good and bring more lasting good to South Carolina than any man that can be elected. He is a Democrat from the heart. He is a white man, but he is among the best white men. On his large plantations in Colleton county he is worshipped by the negroes. They believe in him and they trust him. He has never had any trouble or friction with them. One negro who lives on his plantation has been heard to say: "I hope that the Governor will leave Columbia and come back here and live among his people where he belongs. We want him here, and he would rather be among us than be yonder in Columbia." A prominent white man said when Gov. Heyward was elected: "I am glad to say that South Carolina has a gentleman Governor once more."—Richard Carroll in Southern Ploughman (negro).

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— Women would be crying nearly all the time if it didn't make their noses so red.

— Women that have very small feet, never like to wear very long dresses.

Fifteen Hundred Dollars for a Tree.

Twenty-odd years ago a Texas farmer who had moved South from Michigan, planted on his new land the seedling of a black walnut tree. In time he died and the farm came into the possession of his daughter, who married. Her husband worked the farm, and, with her, took good care of the tree, although neither of them thought it of much value.

One day in August, 1905, John F. Alcott, a lumber dealer of Chicago, driving through that part of Texas on a vacation trip, saw the tree and, stopping at the house, asked:

"How old is that black walnut?"

"About twenty-six years, I think," was the reply of the woman of the house.

"What will you take for it?"

"We wouldn't think of selling it. It is a sort of family tree."

Some talk followed, and Mr. Alcott finally halted to wait until the man of the house came home. After much discussion with him, he finally bought the tree, roots and all, for \$1,500. The next day he had it dug up and shipped it just as it was on a flat-car to Chicago. There it was taken into a mill and converted into wood for pianos, for veneering on desks and other ornamental purposes.

After all the expense of buying and handling the tree were paid, it yielded a profit of about \$1,500 to the lumber dealer.

The particular point in this story for the boy who is making investments for the future, is that it pays to plant and to keep a tree. It may not always be a black walnut tree, but it always can be a tree worth keeping, and usually worth selling. Just invest a little of your boyhood energy and time in planting a young tree and, so long as you are at home, raising it.

Free Medicine Samples

do not prove that a remedy is good for anything. If you want to experiment, try samples for other ailments than rheumatism. You can't afford to lose time and risk life in taking chances with any medicine which has not stood the test of time. Drummond's Rheumatic Remedy has a twenty year record of cures. Write to the Drummond Medicine Co., New York, for literature.

Twins on One Side.

J. Adam Bede, of Minnesota, talked on Statehood in the House on Thursday. He is in favor of accepting the Senate bill admitting the Indian Territory and Oklahoma and paying no more attention to New Mexico and Arizona.

"This Statehood question," he said, "and the effort to make it one that Arizona and New Mexico are on the same footing as the Indian Territory and Oklahoma and as much entitled to admission reminds me of the two Mormon boys who went to school for the first time out in Utah."

"What are your names?" asked the teacher.

"John and William Smith," the boys replied.

"Ah! you are brothers. And how old are you?"

"Both 10 years old."

"Indeed! Then you are twin brothers?"

"We are," one of the boys replied, "on our father's side."

— It often happens that the forward man gets pushed aft.

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